

# ADULT & CHILD

## Choking

If coughing, encourage the person to continue coughing.

- Send someone to **CALL 9-1-1**
- Get permission to give care.

If adult or child cannot cough, speak, or breathe-

Place two hands above the belly button and give quick upward abdominal thrust.



Continue abdominal thrust until-

- Object is forced out.
- Person can breathe or cough forcefully.
- Person becomes unconscious. Perform CPR, 30 chest compressions followed by 2 breaths, look for the object and remove it if one is seen.

CPR & First Aid Training provided by:

**CPR Plus, Inc**

501-231-2188

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